

Walking to the Homelands

Way to go walkers!

184 Miles this week and

we are just getting started!!

Get your family and coworkers up and moving

Congrats to this Weeks

WALKING TO THE HOMELANDS

challenge winners:

Nikki Bowman : \$20 Headquarters gift certificate

Debbie John: \$20.00 Walmart gift certificate

Denise Behm: \$10.00 iTunes gift card

MORE PRIZES TO COME!

To be eligible drop off your weekly participation slips at the clinic, admin office, tribal office, C-Store, casino or Elderly services. Have them in by Monday for the Tuesday drawing. You can also email your mileage to SMHWC.event@mohican.com

2000 steps in a mile—try for 10K per day